

Acute and Walk-In Services

Persons requiring same day attention should call the appointment line for acute care.

Family Health & Pediatric Clinics

Service	Day	Time
All services	M-F	0715-1600

Immunization Clinic is available on a walk-in bases.
(Closed 1145-1245)

Immunization Clinic

Service	Day	Time
All services	M-F	0730-1145 1245-1600

Additionally, Flight Medicine and Women's Health host walk-in appointments as determined by clinic.

Flight Medicine Clinic

Service	Day	Time
Acute (Except for every Wednesday afternoon)	M-F M-F	0700-0800 1300-1400
Return to Flight Status	M-F	0700-0800 1300-1400

Women's Health Clinic

Service	Day	Time
Pregnancy Tests	M-F	0800-1100
Birth Control	M-F	0730-1630

18 MDG PARTNERS

United States Naval Hospital Okinawa USNHO

Online	www.med.navy.mil/sites/nhoki
DSN	646-7555
Comm/ Off-Base	098-971-7555

Sister Service Liaisons

Service	DSN	Comm/Off-Base
Navy	630-4100	098-960-4100
Army	630-3044	098-960-3044
	630-4537	098-960-4537

After Hours On-Call Personnel

DSN	646-7555
Commercial/Off-Base	098-971-7555

EMERGENCIES ON OKINAWA

THE 18TH MEDICAL GROUP **DOES NOT PROVIDE**
EMERGENCY SERVICES OR OPERATE AN EMERGENCY ROOM.

Okinawa Emergency Services

DSN	911	
Commercial/ Off Base	American Forces	098-934-5911 (Kadena Dispatch) 098-911-1911 (Foster Dispatch)
	Japanese Ambulance	119

BOOK YOUR APPOINTMENT ONLINE VIA

www.tricareonline.com

Active Duty Personnel, TRICARE Prime
and Plus beneficiaries have priority.

ALL OTHERS ARE SPACE AVAILABLE.

**CHECK IN 15 MINUTES PRIOR TO YOUR
SCHEDULED APPOINTMENT. IF YOU ARRIVE PAST YOUR
APPOINTMENT TIME, WE MAY HAVE TO RESCHEDULE.**

TRAVELING WITH TRICARE

Please stop by our local TRICARE Service Center for your travel card. Your travel card will provide instructions on receiving health care while you travel.

FOR MORE INFORMATION, VISIT US AT

www.kadena.af.mil

Like us at: 'Kadena Medical Clinic'

Follow us at: '18mdg' on twitter



18TH MEDICAL GROUP KADENA AB, OKINAWA JAPAN

COL JAMES W. LASSWELL
COMMANDER

CMSGT BENJAMIN M. WINSLOW
SUPERINTENDENT



Motto

Trusted Care, Here and in the Air!

Vision

World-Class, Compassionate Health
Services and Combat Readiness

Mission

Proactively Deliver Safe, Seamless, Health
Services to Team Kadena

CLINIC HOURS

MONDAY-FRIDAY **0730-1630**

Every 3rd Thursday of the Month

Closed for Training from **1200-1630**

APPOINTMENT LINE HOURS 0700-1630

DSN 630-4817
Commercial/
Off-Base 098-960-4817

WHAT IS PATIENT CENTERED MEDICAL HOME?

The Patient Centered Medical Home focuses on the patient being the center of healthcare and driver of care rather than the passive recipient. Care that is truly patient-centered considers patients' cultural traditions, personal preferences and values, family situations, and lifestyles. It makes the patient and their loved ones an integral part of the care team who collaborate with healthcare professionals in making clinical decisions. Patient-centered care puts responsibility for important aspects of self-care and monitoring in the patient's hands — along with the tools and support they need to carry out that responsibility. Patient-centered care ensures that transitions between providers and healthcare settings are respectful, coordinated, and efficient.

WHAT IS ACUTE CARE?

An acute healthcare condition is an illness or injury that won't cause further disability or death if not treated within 24 hours, but does require professional intervention to prevent it from developing into a greater health threat. Some examples of acute care situations are minor lacerations, bladder infections, migraine headaches, sprains, rising fever, and possible ear infections.

WHAT IS EMERGENCY CARE?

TRICARE defines an emergency as a medical condition that creates a threat for loss of life, limb, eyesight, or unrelieved pain as perceived by a "prudent layperson" — someone with a limited knowledge of health and medicine. Some examples of emergency situations are severe bleeding, chest pains, no pulse, severe difficulty or inability to breathe, severe back injury, severe eye injuries, broken bones, etc.

IN AN EMERGENCY, GO TO THE NEAREST EMERGENCY ROOM FOR TREATMENT OR CALL 911 DSN, KADENA DISPATCH 098-934-5911 OR FOSTER DISPATCH 098-911-1911.

WHAT WALK-IN SERVICES ARE AVAILABLE WITHOUT AN APPOINTMENT?

The following services are available between the hours of **0800-1100 and 1300-1500**:

Pregnancy Testing Painful Urination Testing
Strep Throat Testing Follow-up Wart Treatments
Multi-Day Blood Pressure Checks
(All other services are by appointment only)

MICARE/RELAY HEALTH

MiCARE/Relay Health allows you to communicate via secured email with your Health Care team. Your information is confidential. You may also request prescription refills or ask your team, health related questions without the need of an appointment. Please visit any clinic in the 18th Medical Group to fill out an enrollment form.

TRICARE ONLINE

TRICARE Online features secure access to beneficiary appointments, prescriptions, and personal health data. To register go to www.tricareonline.com and click on the "Register Now on TOL" link.

QUICK LINKS AND ONLINE RESOURCES

Want to know more about us? Check us out online for information about our services, events, and other concerns. Our online-based resources are also an effective way to ask us questions and have your voice heard.

- <https://app.relayhealth.com>
- www.kadena.af.mil/
- www.facebook.com/kadenamedicalclinic
- www.med.navy.mil/sites/nhoki
- www.tricare-overseas.com/

Appointment and Support Services

Online	www.tricareonline.com	
Phone	DSN	Comm/ Off-Base
	630-4817	098-960-4817
Quick Reference		
Clinic/Section	First Press	Then Press
Dental	2	1
Family Advocacy	2	3
Family Health	1	1
Flight Medicine	1	3
Force Health	2	5
Health & Wellness	2	4
Immunizations	5	3
Internal Medicine	1	4
Laboratory	5	4
Mental Health	2	2
Optometry	1	5
Outpatient Records	4	3
Pediatric Health	1	2
Pharmacy Refills	3	1
Pharmacy Staff	3	2
Radiology	5	5
Referral Mgmt	4	1
TRICARE	4	2
Women's Health	1	6